Monday Healthy Tip from Monday Campaigns

Strength training is an important component of overall health and fitness, and it helps you burn calories and improve your overall health. Adding strength training to your routine will provide an important balance to aerobic workouts! Try free weights, weight machines, or resistance bands to strengthen your muscles. You will feel the difference. www.moveitmonday.org/blog/

Wednesday Healthy Tip from Monday Campaigns

A good night’s sleep is the key to your success. Make sure you get enough sleep. www.baylor.edu/health_center

Women’s Basketball vs. Texas

Monday, February 6, 7 p.m., Ferrell Center

Office of the Provost Presents Comedian and Mental Health Activist Kevin Brod

Wednesday, February 8 at 7 p.m. in H.O. Finley Ballroom in the Spellmann Center. Kevin Brod is a stand up comedian, actor, producer, and writer. Kevin’s career has seen him featured in films and TV shows such as Parks and Recreation, Below the Belt, The Mindy Project, and many more. Kevin Brod’s comedy explores real life issues with a humorous twist. Kevin Brod is a high functioning manic depressive and draws from his own experiences in his comedy. Kevin Brod is a graduate of Stanford University and the University of Chicago. Kevin Brod is best known as co-founder of MCNDR, a mental health awareness campaign. Kevin Brod has appeared in an online video with former President Barack Obama. Kevin Brod will be at our campus this week and we are excited to have him as a guest. Kevin will be sharing his story with us and will share a video he made with former President Barack Obama.

Women’s Tennis vs. Rice

Saturday, February 11, 11 a.m., Hawkins Indoor Tennis Center

Saturday, February 11, 1 p.m.

Gospel Fest Tickets on Sale!

Tickets are available for $10 at the door or at www.eventbrite.com/e/gospel-fest-2017-

Baylor School of Music Events

Sunday, February 12, 1 p.m.

Baylor School of Music Events

Ferrell Center

Men’s Basketball vs. TCU

Saturday, February 11, 7 p.m.

Hurd Tennis Center

Women’s Tennis vs. Rice

Saturday, February 11, 11 a.m.

Men’s Tennis vs. Texas

Tuesday, February 7, 6 p.m.

CHIB Event

Monday, February 6, 5 p.m. in the SUB. App is on the App Store or Google Play.

Career and Professional Development Event: Start Smart Negotiation Workshop

Tuesday, February 7, 12 noon

Health Activist Kevin Brod

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